

MISSION: To empower persons affected by mental illness and their family members to achieve a better quality of life by providing them with mutual support, practical information, referral, advocacy and educational resources.

Letter from the Executive Director

Remembering Scott Adamson and Eugene Brudno

In September, NAMI lost a close friend with the death of Scott Adamson. Scott reflected the core of NAMI; one of those soft-spoken, powerful advocates that represented the best of NAMI. When we talk of "grassroots" at NAMI, we are talking of people like Scott, a man who demonstrated how a single voice can influence so many others. I always looked forward to reading Scott's column in *The Voice*, and often thought of it as the most poignant piece in the newsletter. His way(s) with words in describing the meaning of his illness and the significance it gave to his life were powerful reminders of the common experience we all share. To keep Scott's name and spirit alive, NAMI Greater Cleveland will establish an annual award to recognize an individual whose commitment to those with mental illness emulates Scott's work. I am thankful to have had the privilege of working with Scott Adamson in the years I have been part of NAMI. More information on Scott on page 3.

I didn't know Eugene Brudno, but I knew of him. Mr. Brudno was one of the founding members of NAMI in this area. Ever since I began at NAMI, I would hear stories about his selfless gifts of giving back and how much he helped so many over the years. People spoke with such admiration about his impact on them and the influence he had on the start up of NAMI – he was a legend of our local NAMI and he will not be forgotten. Please see page 2 for more on Mr. Brudno.

Excerpts from a Letter to Sheriff McFaul Regarding Sean Levert's Death from NAMI Ohio and NAMI Greater Cleveland

November 20, 2008

Dear Sheriff McFaul:

We at the National Alliance on Mental Illness of Ohio (NAMI Ohio) and NAMI Greater Cleveland have been following the recent *Cleveland Plain Dealer* stories about the death of Sean Levert. Clearly his death is a tragedy for the Levert family. It is also, we're sure, a difficult time for your office and in particular the staff directly involved with Mr. Levert. We are writing in the hopes that this situation will provide for us all the opportunity to take action to help prevent such loss in the future...

...We recognize that the policy questions raised by the death of Mr. Levert are not unique to Cuyahoga County. We hope to gather information from other facilities as well. We also recognize that the delivery of such service is no simple task. Existing standards which you may already be meeting may in and of themselves be inadequate. Budgets, human resource availability and training and numerous other issues may impact the ability of your office to meet increased standards. In an effort to help bring about useful policy change, it would be helpful for us to know what current standards you employ with regard to medically evaluating inmates and with regard to the provision of medication. We would also like to know what changes you would recommend in those standards.

Finally, we would appreciate your perspective on what specific policies, standards, budgetary items and/or other issues serve as barriers and prevent jail administrators from evaluating inmates and providing them with prescribed mental health medications in a timely manner. This information would be very helpful to NAMI Ohio and our affiliates as we continue to advocate for improved treatment for all persons with mental illness.

We would be happy to speak with you at your earliest convenience. Thank you in advance for your assistance.

Sincerely,
Jim Mauro
Executive Director; NAMI Ohio

Michael Baskin
Executive Director; NAMI GC

POSTSCRIPT: The *Plain Dealer* reported on 12/19/08, the county jail may change their policy regarding cases such as Leverts' to ensure inmates receive medications "as soon as their prescriptions can be verified". The *Plain Dealer* also reported that Director of Corrections, Ken Kochevar, Commissioner Peter Lawson Jones, and Dr. Emmanuel Tulfuor of Midwest Medical Staffing, the company that provides medical services to the jail, met to discuss Levert's death and jail policies. When I spoke to Mr. Kochevar on January 13, 2009, he stated that jail [staff] closely monitors people who are taking benzodiazepines or anti-anxiety medications, like Xanax. He also stated the [Sheriff] had received the (above) letter from us and was appreciative of our offer which will be considered. According to Mr. Kochevar, policy changes have not been officially made, although they are under review." Joan Englund, Executive Director of the Mental Health Advocacy Coalition and I will be meeting with Mr. Kochevar on March 5th.

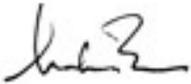
Letter (con't)

Has your insurance company denied you coverage?

NAMI continues to advocate for consumers to ensure they receive (mental) health insurance benefits they are entitled to. Health insurance companies are responsible for providing the benefits they guarantee in their contracts. If you have had difficulty with your insurance benefit/ or have a family member that has been discharged from a psychiatric hospital before he or she was stable enough to manage as an outpatient, please contact me at the office.

Volunteer Holiday Party

My thanks to Sally Follett for organizing the holiday party last December, celebrating the work of all of our volunteers. Sally continues to be the leading advocate for all the wonderful volunteers that contribute so much to help us to operate.



MICHAEL BASKIN
Executive Director; NAMI GC

President Signs Bill to Increase Veterans Mental Health Programs

 The House and Senate have passed, and the President has signed HR 2683, a bill that includes \$3.8 billion for mental illness treatment and \$584 million for substance abuse treatment in the Department of Veterans' Affairs. This will allow for improved services for veterans such as, housing assistance, physical and mental health services, health insurance, and vocational and financial counseling. Additionally, the bill increases the availability of residential and outpatient services for veterans with mental illnesses. Attached to the bill was a "continuing resolution" funding measure to keep federal agencies such as the National Institute on Mental Health (NIHM), the Substance Abuse and Mental Health Services Administration (SAMHSA), and Housing and Urban Development (HUD) operating at their current funding levels through March 6, 2009.

“ *Our own experience with loneliness, depression and fear can become a gift for others, especially when we have received good care.*

As long as our wounds are open and bleeding, we scare others away. But after someone has carefully tended to our wounds, they no longer frighten us, or others.

When we experience the healing presence of another person, we can discover our own gifts of healing; then our wounds allow us to enter into a deep solidarity with our wounded brothers and sisters.”

HENRI NOUWEN

We Have Lost A Giant In Our Community



NAMI, PLAN, JFSA, Group Homes, Support Groups...all of these organizations so important to the mental health community have one special person in common,

Eugene Brudno. He, often along with his wife, Irene, was active in creating, nourishing and fully participating in all of them through most of his 90 years. For instance, they were co-founders of the Alliance for the Mentally Ill of Metro Cleveland, a predecessor of NAMI Greater Cleveland, and of the local PLAN organization.

He liked to describe himself as "just an egg man," but was far more than that to all those whose lives were better because Eugene cared about them. When he retired from the egg business he volunteered with the Society for the Blind and used his business skills to guide the operators of their kiosks. The aged and the homeless also benefited from his caring soul.

When their daughter was diagnosed with a mental illness over 30 years ago, Eugene and Irene not only decided to find the best care and treatment for her, they also decided to educate and find or create resources for others as well, thus beginning Eugene's long relationship with JFSA.

Eugene was recognized many times for all his good works. He was honored by the Woodruff Foundation for his superior work in the mental health field and by the National Association of Area Agencies of Aging as an outstanding older volunteer for his work with JFSA. In 2002, President Bush recognized him for his dedication to volunteer service.

Those who participated in the support group Eugene led for more than a quarter century, recognize certain phrases come to be known as "Eugene-isms" such as: "You can't use logic." "You have to lower your expectations." "Be ready to bargain." and "You're not a 5; you are at least an 8."

He could always relate to whoever came to the meeting, finding commonalities regardless of age, race, status or anything else.

Some of us who knew and appreciated him have established a Eugene Brudno Memorial Fund at NAMI Great Cleveland and invite all who knew him or knew of him to join us.

CONTRIBUTED BY A FRIEND OF EUGENE BRUDNO

Mail your contributions for the benefit of support groups (be sure to mention Eugene) to:

NAMI Greater Cleveland
1400 W. 25th St., Fourth Floor
Cleveland, Ohio 44113

IN MEMORIUM



Scott Adamson

A FRIEND TO NAMI

THOSE OF YOU WHO KNEW SCOTT ADAMSON directly through NAMI, or indirectly through reading his newsletter columns, may be learning of his September death by reading this memorial column. Although not unexpected, his loss leaves a huge hole in the NAMI family. As Scott's colleague and friend, I am honored to share a few thoughts about his life and legacy.

The invitation to write about Scott for the NAMI Greater Cleveland newsletter has allowed me to address my feelings about his death in the same way that Scott addressed some of his life issues – by study, contemplation, and finally, the written word. While re-reading his past newsletter columns and other written work he had sent to me and others over the past few years, I have been struck by the goal-orientedness of his writing – to learn about himself, examine this knowledge, and use it to help others in a similar situation or circumstance. In particular, his detailed and thorough studies of nutrition, exercise, and the mind-body connection to each of his illnesses were personal, yet he readily shared the results of his studies for whatever benefit others might also gain. To me, this generosity of spirit was the essence of Scott, and what made him a good friend, valued co-worker, and supportive shoulder.



Scott Adamson kindly left NAMI these books, that are now available, in our resource library:

- *Surviving Schizophrenia: A Manual for Families, Consumers and Caregivers*
E. Fuller Torrey, M.D.
- *Listening to Prozac*
Peter D. Kramer
- *Breaking the Patterns of Depression*
Michael D. Yapko, Ph.D.
- *Against Depression*
Peter D. Kramer
- *Understanding Depression: What We Know and What You Can Do About It*
J. Raymond DePaulo Jr., M.D.

There's a quote from his last column that he meant to describe people in the mental illness community, but which I think describes Scott very eloquently: "[We] understand and accept each other; we delight in each other's company; we see talents and strengths, not weaknesses in others; we stick together and do our best to counter the common, negative beliefs in our society about people with mental illness." As someone who had the privilege to work with Scott within the setting of mental illness, I know that he lived in word and deed by this description. He was the quiet, yet constant and firm voice of compassion and empathy for his "fellow sufferers" -- both directly through support groups, and on their behalf through meticulous administrative work at the NAMI office, as well as through casual conversation about specific people or general issues that came to our attention each day. I am sad for all of us in the mental illness community that we no longer have his gentle constancy to help sustain the most important form of advocacy that anyone can practice – day-to-day living as a person in recovery who has compassion for and true understanding of others. Indeed, his last column condensed the NAMI mission succinctly, in effect saying, "we're here to help, so please join with us."

As fitting for someone who loved writing and literature, Scott and I discussed life cycles as stories, each with an unknown ending. Sadly, his story is now completed, but I will be forever grateful that I was able to play a part in his later chapters. And I'm grateful to have his writings to re-read so that his voice will be with me always. Knowing Scott enriched my life and my work on behalf of those with mental illness, as I'm certain it did for all who knew him. You are missed, friend.

LISA STOFAN



Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008

Purpose

Enacted on October 3, 2008, the Act (Public Law 110-343) is intended to end health insurance benefits' inequity between mental health/substance use disorders and medical/surgical benefits for group health plans with more than 50 employees. The law is projected to provide parity-protection to 113 million people across the country, including 82 million individuals enrolled in self-funded plans (regulated under ERISA and, under its terms, not subject to State parity laws).

The Parity Requirement

The Act amends the Mental Health Parity Act of 1996 to require that a group health plan of 51 or more employees (or coverage offered in connection with such a plan)—that provides both medical and surgical benefits and mental health or substance use benefits—ensure that financial requirements and treatment limitations applicable to mental health/substance use disorder benefits are no more restrictive than the predominant requirements and limitations placed on substantially all medical/surgical benefits.

- Equity coverage will apply to all financial requirements, including deductibles, copayments, coinsurance, and out-of-pocket expenses, and to all treatment limitations, including frequency of treatment, number of visits, days of coverage, or other similar limits.

- The Act builds on the 1996 parity law, which requires parity coverage for annual and lifetime dollar limits.
- A plan may not apply separate cost sharing requirements or treatment limitations to mental health and substance use disorder benefits.
- As under the 1996 law, mental health or substance use benefit coverage is not mandated. But if a plan offers such coverage, it must be provided at parity in accordance with this Act.

Out-of-Network Benefits

A group health plan (or coverage) that provides out-of-network coverage for medical/surgical benefits must also provide out-of-network coverage, at parity, for mental health/substance use disorder benefits.

Small Employer Exemption

As with the 1996 parity law, small employers of 50 or fewer employees are exempt from the requirements of the Act. State parity laws applicable to these employers, or to individual plans, will continue to apply.

Effective Date

The Act will apply to plans beginning in the first plan coverage year that begins one year after the date of enactment. For most plans, this will mean the effective date begins on January 1, 2010.

ARTICLE FROM MENTAL HEALTH AMERICA WEBSITE

NAMI Multicultural Outreach News: Hispanic Initiative



The NAMI Multicultural Outreach staff are excited to report that the Latino Children's Behavioral Seminar was held Wednesday, October 29 from 2:30-4:30 pm at Joseph M. Gallagher School. The project was a collaborative effort between the Cleveland Metropolitan School District, Cleveland Hispanic Health Committee, and NAMI Greater Cleveland. Dr. Ana Maria Carrillo, a Latino child psychologist, presented on behavior problems in Latino children to an audience of over 80 which included parents, educators, and community persons. Dr. Carrillo covered mental health issues such as Oppositional Defiant Disorder, AD/HD, Learning Disorders and others to Latino parents currently struggling with their children's behavior. Mental health agencies such as Applewood, West Side Ecumenical Ministry Counseling Program, and the MetroHealth Latino Adolescent Clinic sent staff and manned tables with information for these parents on how to access mental health services for their children.

The NAMI-Multicultural Outreach staff wants to personally thank all of these agencies that participated for their

support. We would also like to thank Ms. Natividad Pagan, Executive Director, Mrs. Dolly Guerrero-Velez, Bilingual Family Engagement Specialist, and Carmen Torres, Administrative Assistant from the Multilingual Multicultural Educational Program, Principal Jennifer Rhone and Ms. Migdalia Diaz, Family Liaison at Joseph M. Gallagher School and all of the other volunteers that helped to make this event such a resounding success. We want to especially thank Ms. Glorian Rodriguez and Ms. Sheila Aguilera for providing the day care for the 15-20 children that attended. This program was made possible by grants received from the Cleveland Hispanic Health Committee and the Community West Foundation.

This is just the first step in beginning to outreach to and serve the mental health needs in the Latino community of Greater Cleveland. Stay tuned for more updates on our efforts. If you should need any further information or would like to be part of the Multicultural Outreach Initiatives, please do not hesitate to contact Dr. Evelyn Rivera-Mosquera, Latina Outreach Coordinator or Mrs. Marsha Blanks, Multicultural Outreach Coordinator at 216-875-0266 .



Volunteer Corner

Needed: Specialty Volunteer Support Group Leaders

Criminal Justice Support

Group Leader: Someone who has experience with mental illness and the Criminal Justice system. (Family/Caregiver)

Young Adult Wellness

Support Group Leader:

Someone 18-25 diagnosed with a mental illness who would like to share their experiences with others in the same age range. (Peer)

Multi Cultural Support Group:

We are currently reaching out to the African American and Hispanic Communities. (Family/Caregiver/Peer)



♥ Volunteers: The Heart of NAMI

The Volunteers Party, hosted by the staff of NAMI, was a great success.

Nearly one half of our 100 volunteers joined us for food, fun, sharing and even door prizes from Santa. We at NAMI are so grateful to those of you who share your time and talents to make our programs work.

Certificates of Appreciation were awarded to every volunteer! Cindy Korzun was Volunteer of the Year with 260 hours. Mike Dusseau, and Jody Bell received Honorable Mention for being in three different volunteer programs.

If any of you readers want to be part of a lively volunteer group, call us. We always have room for more Helpline Workers, Office and Mailroom Workers, and Leaders for our Support Groups, as well as Teachers for Family to Family, Peer to Peer and Hand to Hand Groups. There's also the Speakers Bureau as well as Multicultural Activities, and Community Events. Something for everyone. Don't be bored. Come and join us. The best time to call me at NAMI is Thursday between 10 AM and 200 PM. (216-875-7776.) Otherwise leave a message on my Voice Mail at 216 556-3059.

SALLY FOLLETT, Volunteer Coordinator

NAMIWalks 2008

NAMIWalks 2008 was a huge success thanks to all the hard-working volunteers and walkers. The day started off with rain, but cleared in time for the more than 800 walkers and 50 dogs to enjoy the stroll through downtown and the warehouse district. We raised \$97,800 thanks to the generosity of people like you.

NAMI would like to thank...

- William M. Denihan, CEO of CCCMHB and NAMIWalks 2008 Honorary Chair
- Amanda Stevens - Miss Ohio International 2008
- Dona George
- Visiting Nurse Association
- Liz Krull – NAMI Office
- Jean Ross – Photos
- The Walk Committee
- St. Ignatius Circus Club
- Beth and Kathy – Dog Pound Committee
- Amanda and Emily – Face painters
- NAMI Staff

We are already planning for the 2009 Walk which is scheduled for August 29, 2009 at Voinovich Park. If you are interested in serving on the planning committee, call Bridget Murphy, Special Events Coordinator at 216-875-0266 or email her at bmurphy@nami.org. If you or your company is interested in sponsorship, please contact Bridget Murphy, Special Events Coordinator or Michael Baskin, Executive Director at 216-875-0266 or mbaskin@nami.org.



PLAN of Northeast Ohio announces an "Art, Poetry and Mental Health Recovery Project" to reduce the stigma surrounding Mental Health



About the Program

This project will help reduce stigma toward mental illness by displaying art created by adults recovering from mental illness. This traveling art exhibit will be in various venues throughout Cuyahoga County beginning in January 2009. The images will be selected from artwork created by PLAN members working with local art therapists and artists. This project, funded in part by Cuyahoga Arts and Culture, The Milton and Tamar Maltz Family Foundation and Ridgecliff Foundation, has an opportunity to reach and educate thousands to help reduce the stigma associated with mental illness. (See below for exhibit locations). PLAN will also be conducting a Poetry Contest and published chapbook in spring 2009 that will include poetry created by PLAN members during workshops with local poets and writers to also inform and transform the misperceptions and stigma concerning adults in recovery from mental illness. Poetry contest submissions are also open to other mental health consumers through agencies in Northeast Ohio.

About PLAN of Northeast Ohio

Since 1989, PLAN of Northeast Ohio has provided help to those living with chronic mental illness, cognitive disabilities and mood disorders. PLAN's mission is to help the people challenged by mental illness progress in their recovery by providing innovative, family centered treatment. Our holistic approach provides the tools necessary to allow our Members living with mental illness to achieve enduring emotional and cognitive growth and recovery.

2009 Traveling Art Exhibit Locations

Each participating site will host the exhibit for one month, starting in January and running until June. Some of the artist's work will be available to purchase and can be viewed and purchased through PLAN's website. Please visit www.planneohio.org/id53.html for more details.

FEBRUARY - Cuyahoga County Community Mental Health Board, 1400 W. 25th St., Cleveland

MARCH - Cleveland State University, Cleveland

APRIL - Bela Dubby, 13321 Madison Ave., Lakewood

MAY - Ursuline College-Pilla Center, Pepper Pike

JUNE - Cuyahoga County Community College, Metro Campus, Cleveland

About the Art and Poetry Coordinator

The Art and Poetry Program for PLAN is directed by Gretchen Miller, MA, ATR-BC. Gretchen is currently President of the Buckeye Art Therapy Association which is an affiliate chapter of the American Art Therapy Association. Contact Gretchen for any questions, media inquires, or for more information about the Art, Poetry and Mental Health Recovery Project at gretchenmiller@cox.net or 216-321-3611, ext. 304.

NAMI/Giant Eagle Gift Card Order Form



_____ \$10 Cards ■ Amount due \$ _____

_____ \$25 Cards ■ Amount due \$ _____

_____ \$50 Cards ■ Amount due \$ _____

_____ \$100 Cards ■ Amount due \$ _____

TOTAL AMOUNT DUE \$ _____

Please submit your check payment with this form. We will mail you the card(s). Please make checks payable to: *NAMI Greater Cleveland*

NAME _____ STREET ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____



Call For Nominations

NAMI Greater Cleveland (NAMIGC) is pleased to announce a call for nominations for outstanding achievement by individuals and organizations for their work on behalf of those with mental illness and or their families in 2008. The awards will be given out at NAMIGC's Annual Meeting on March 13, 2009.

Please call 216-875-0266 or email Bridget Murphy, bmurphy@nami.org, Kari Kepic, kkepic@nami.org or Michael Baskin, mbaskin@nami.org with your nomination.

Award Categories

- CONSUMER
This award honors a consumer for their efforts on behalf of other consumers.
- FAMILY MEMBER
This award honors a family member for their contributions in assisting other family members.
- COMMUNITY LEADER
This award honors a community leader that champions the cause of those with mental illness through their involvement in public service.
- LEGISLATOR
This award honors a community legislator that champions the cause of those with mental illness through their involvement in public service.
- AGENCY/ORGANIZATION
This award recognizes the organization that has demonstrated innovative work with families and/or consumers.
- PROVIDER
This award recognizes an individual mental health provider who has made significant achievements in their professional work with the mentally ill in 2008.
- VOLUNTEER
This award honors an individual who has demonstrated excellence in their volunteer work with NAMIGC in 2008.
- CULTURAL COMPETENCE
NAMI will recognize an individual or organization that has demonstrated outstanding commitment in the field of mental health related specifically in working with minority populations.
- THE SCOTT ADAMSON MEMORIAL VOLUNTEER OF THE YEAR AWARD
This award honors an individual who has demonstrated excellence in their volunteer work with NAMIGC in 2008.



Bringing the latest therapies developed by modern pharmaceutical science to patients in need.



18660 Bagley Road, Building II, Suite 205
Middleburg Heights, OH 44130

About Us: North Star is an independent medical research company engaged in clinical trials. Our team of physicians and health care professionals perform studies to bring new methods of prevention, diagnosis and treatment of diseases.

We are actively seeking people for the following studies:

- ★ Schizophrenia: Active drug only given once a month long term.
- ★ Major Depression (Ages 18 to 90)
- ★ General Anxiety Disorder
- ★ Restless Leg Syndrome
- ★ Stuttering
- ★ Hypertension
- ★ Fibromyalgia

About Clinical Trials: None of this happens without the selfless efforts of *volunteers* who join us in improving health care for themselves and others. Participants in clinical trials are the key to advancing medical science. The entire staff monitor all participants well being extremely closely. *There is no cost for exams or study medications. Compensation for time and travel may be provided. No insurance is required.*

To learn more about how you or someone you know can participate call 440.234.5700 or visit us at www.NorthStarResearch.org

About your Study Doctor:
Dr. Mark J. Woyshville, CEO and Medical Director, with 18 years of clinical trial experience founded North Star Medical Research, and is the study doctor for all NSMR clinical trials.
He was the first Mood Disorders Special Fellow with the Mood Disorders division of the Department of Psychiatry at Case Western Reserve University (CWRU). He then joined the CWRU Psychiatry faculty and established the Clinical Drug Trials Unit and their PHP Program.
Dr. Woyshville has served the mentally ill in a variety of institutional and community settings: Attending Psychiatrist at Hanna Pavilion and the Veteran's Addiction Recovery Center (VARC), Forensic Psychiatrist in the state prisons, and North Coast Behavioral Health Center (providing clinical care and competency assessments); and continually in the Community Mental Health System.

If you would like to advertise in our newsletter please contact the NAMI office for more information.

NAMI to Celebrate 30th Anniversary – Planning Big Convention



NAMI has been working for 30 years to improve the lives of those who live with mental illness. Our 2009 convention, scheduled for July 6-9 in San Francisco, will be a celebration of those 30 years and how far we have come since a small group of highly committed people came together to form NAMI three decades ago in Madison, Wisconsin. Some of the highlights planned for this year's convention:

A celebration of parity! NAMI and its allies have worked for well over a decade to ensure that insurance benefits for people with mental illnesses are the same as those for people with other illnesses. Last October this long-fought battle was finally won with passage of the Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act of 2008. We are honored to have Paul Wellstone, Jr., join us for this special celebration, and we've also invited several of the bill's Congressional champions to share the strategy behind the bill's passage.

The convention's theme is "Creating a Healthy Future for Us All," and, as it implies, health and wellness will receive special attention this year. Dr. John Newcomer, a leading researcher based at Washington University in St. Louis, will give a major presentation on metabolic syndrome – a set of risk factors that pose a special danger for people with mental illnesses. And, to enhance the focus on health and wellness, for the first time this year we will offer a wellness center where convention attendees can receive one-on-one advice on such important wellness issues as dental care, nutrition, medication management, and exercise. July is Bebe Moore Campbell Minority

Mental Health Awareness Month, and a key focus of the convention will be the vital role that cultural competency plays in the successful diagnosis of, treatment for, and recovery from mental illness.

Dialectical Behavior Therapy is a treatment approach that has revolutionized treatment for chronically suicidal individuals and people with borderline personality disorder. Dr. Marsha Linehan, who developed the therapy, will be delivering our Research Plenary.

At last fall's Gala, NAMI was honored to feature vocalist Joyce Cooling. Ms. Cooling, a San Franciscan and an active NAMI member, will present a very special evening performance on the Convention's Opening Night.

In addition to these (and more!) special events, NAMI's 2009 Convention will offer – as it has for 30 years – symposia offering up-to-date information on issues of critical importance to people whose lives are affected by mental illness, more than two dozen workshops featuring work going on all over the country to further NAMI's mission, top-notch researchers providing the latest information on the diagnosis and treatment of mental illness in our Ask-the-Doctor sessions – and, maybe most important of all – an opportunity for you to network with hundreds of people whose dedication to improving the lives of people affected by mental illness matches your own.

Registration for the convention is now open – and the sooner you register, the more you'll save. **Get program information, register for the convention, and make your hotel reservations on our special 2009 Convention Web site: www.nami.org/convention.**

Don't delay! You DON'T want to MISS this one.

Fighting Stigma

Joey Pants is Making A Documentary —About Hope



Actor Joe Pantoliano ("Joey Pants") has formed his own non-profit organization, "No Kidding, Me Too!" and is making an "infotainment" documentary

called "Hope's Messengers" as part of the fight against stigma.

No completion date has been set yet, but the film is intended to be an educational, provocative, inspiring, hopeful, and sometimes even humorous look at mental illness and recovery.

A five minute "teaser" from early filming includes NAMI peer facilitator Phil Winchell from Louisville, Kentucky, interviews with others affected by different conditions, and scenes of brain dissection research at the Harvard Brain Bank.

It also includes a horse in a stable who watches a group discussion among doctors and consumers, shakes his head and snorts. That's the kind of zany twist you have to expect from Joey Pants. To view a clip, go to www.nkm2.org.

Pantoliano received NAMI's Outstanding Media Award for his role in the movie, "Canvas," which was released last year, about a family confronting schizophrenia. He credits making the movie to opening his eyes to mental illness and his seeking help—for what was diagnosed as clinical depression. The revelation came not long after a close friend died from suicide.

He is recruiting other Hollywood celebrities to speak out against stigma regardless of whether or not they have a mental illness themselves. He has lobbied Congress. He is speaking out in the news media—and recently screened the teaser at both the Democratic and Republican conventions.

The name "No Kidding, Me Too" is based on the exchange that Pantoliano explains often occurs whenever one person discloses their history of mental illness to another person.

Disclosure is a moment of vulnerability that often is followed by reassuring affirmation. After all, one in every four Americans experiences mental illness at some point in their lives. No matter what a person's diagnosis or place on a path to recovery, we are all part of "Hope's Messengers."



Donations

Appeal/Donations

Howard & Hinda Abramoff
Margaret Arrowsmith & Family
Anonymous
Paula Bainbridge
James & Tessie Barbee
Paul Becker, Ph.D.
Marilyn M. Bedol
Diana J. Bjel
Howard & Natalye Black
Ben Bonanno
Anonymous
Robyn Brilla
Mary Brinovec – *In Memory of Josephine A. Mlinar & Josephine E. Mlinar*
Eleanor Brucken
Sara Burneson
Amelia Gruber Canning, M.D.
Peter & Christine Choukalas
Anonymous
Javier & Barbara Clemente
Patty Corrigan – *In Memory of Hugh Mackin*
Rose C. Costanzo
Rachelle Coyne
John & Jean Cregan
M. Patricia Culler
Mary Daily
John D'Amico
Lori D'Angelo, Ph.D.
Hal & Janelle Daugherty
Harold & June Daugherty – *In Memory of James Daugherty*
Charles & Mary Anne Dematte
Amelia DeSciscio
Joseph F. DiRusso
Doris Edmonds
Stephen & Rosella Fedakowski
Karen Feinberg
John & Verna Ferrante
Anonymous
Janet R. Filkill
Robert L. Findling, M.D.
Chris & Lisa Fiorello
Douglas M. Fisher
Carolyn Patton Fleming
Cheryl Forst
Timothy and Denise Friebele
Desikan Gandaryakottai
Elizabeth J. Gannon – *In Memory of Daughter*
Madeline Georgeadis
Leonard & Dorothy Gierosky
Cynthia Gilbert
Lilian Gonsalves, M.D.
Stephen Grcevich, M.D.
Eleanor J. Gottesman
Charlotte M. Greene
Fred & Barbara Hammond
Cheryl Hawkins
Jacqueline Hawkins
Kent & Jerry Hayes – *In Memory of Eugene Brudno*
Virginia Hervey
Jeffrey R. Higgins
John Higgins
Vicki Hutchison
Joe Ippolito
Robin Jackson
Lois & Gerald Jancik
George Jaskiw, M.D.
Linda Dooley Johaneck
Cindy Johnson

Linda Jones – *In Memory of Mildred Jones*
Evanne Juratovac
Ken & Rosemary Karp
Susanna M. Kawolics
Michele Killion
Donald & Joan Kimmel
Barbara Kirby
Don & Barbara Kishmarton
Jonathan & Abbie Klein
Anonymous
Virginia Kozuch – *In Honor of Kathleen Stock*
George & Sally Kronenberg
Jerry & Liz Krull
Gerit C. Kuechle
Beatrice Kwiat
Haines Lanctot
Gay Lanctot
Kimberly Langley
Anonymous
William & Darlene Leahy
Dr. & Mrs. Douglas Lenkoski
Brent Lesheim – *For Grandmother Carol Levinthal, Ph.D. Ed.*
Luvenia H. Lewis
Blanche Livingstone
Clifford Mahoney
Donald A. Malone, Jr., M.D.
Milton & Tamar Maltz
Raynard E. McDaniel
Mary Kay McLean
Mary & Dennis McManamon
Mary McPolin
Neil McReynolds
Edwin & Sophia Meekins
C. Mehall
John & Ruth Michelich
Anonymous – *In Memory of Deborah Rabb & Lois Snider*
Ronald & Jeanne Moser
Nancy Mueller
Tina A. Mullane
Terrence Murello
William L. Murphy
Rev. & Mrs. Clarence Neth
Donald & Dorothy Newport
Mark L. Novak
William & Marth Noyes
Jean M. Ohlenbusch
Marilyn Olsen
Paul Omelsky, M.D.
Bradley R. Opacich
Patrick Pannell
Ken & Dorothy Papke
Loretta Parker
Carolyn & Perry Peskin
John & Lu Polder
Linda L. Powell
Richard & Ellen Rabb – *In Memory of Lois Snider*
Michele Rannells
James & JoAnn Rettinger
Donald & Eva Rice
Anonymous
Ellen D. Riehm
Gilford W. Roberts
Patrick Roche
Robert & Kathleen Rossman
Nancy Roth
Barbara Rucker
Melvin Sachs
Erika M. Sandor

Gerald R. Schmotzer
Henry & Dorothy Seibert, IV
Lester Selby – *In Honor of Jean Selby*
John & Joan Shainoff
Mr. & Mrs. Bill Sholomon
Linda Shuck
Harold & Ruth Sicherman – *In Memory of Alex Sicherman & Eugene Brudno*
Mary & Robert Spada
Nancy Straub
Anonymous
Thomas P. Swales, Ph.D. – *In Memory of Thomas & Mary Swales*
Janet Telich
Waltraud Thorne
Ron Toth
Deborah L. Vargo-Peshe
John & Denise Vinton
Marilyn D. Walker
Fern M. Weiss
Frederic B. Weller
Ann Whalen
Mary Wilkinson
Robert & Emily Williams
Thomas G. Williams
Marilyn Woodard
Ed & Elaine Yakamavage
Marcus & Susan Ziegler, Jr.
Pamela Znidar
Rita Zydonis
Memory of Scott Adamson
Richard & Nancy Keener
Liz Krull
Marilyn Olsen
Alex & Karen Tomoff
Memory of Eugene Brudno
Elliot & Ruth Myers
Nelson & Susan Pole
Carol Womack
Memory of Bonnie Kirchner
Sheldon & Renee Rabb
Memory of Deborah Rabb
F. Reed & Barbara Andrews
Myrna Arlen
Kenneth & Phyllis Bravo
Michael & Ruth Lamm
Ronald & Rochelle Lipson
Steven & Ellen Potter
Melvyn & Kay Resnick
Deborah & Phil Weiss
Memory of Suzanne Rocker
Mel & Kay Resnick
Memory of Gabe Zsigo
Francis & Ruth Murray

Special Acknowledgement

Ameriprise Financial Employee Giving Campaign
Community West Foundation
Daugherty Construction
Davis & Young Philanthropic
Eaton Corporation Charitable Fund
Lubrizon Foundation
Mt. Sinai Health Care Foundation
Multiplan Services Corporation
Progress Insurance Foundation Employee Giving Program
Michael & Helen Talty Charitable Trust
United Airlines Employees & United Airlines
United States Steel Foundation
United Way of Tri-County, Inc.

NAMI Walk 2008 Sponsors

AstraZeneca LP
Bristol-Myers Squibb Co.
Benjamin Rose
Cleveland Center for Eating Disorders
Cleveland Clinic
The Cleveland Women's Journal
Commissioners Hagan & Dimora
Cuyahoga County Community Mental Health Board
Discovery & Wellness Center for Children
GPS Financial Group, LLC
The Hoffman Group
Home Savings Charitable Foundation
Horizon Lines
David & Vivian Huffman
Janssen, LP
Congressman Dennis Kucinich
Eli Lilly and Company
Mary H. McPolin
Murtis H. Taylor Multi Service
Pipe Fitters Local #120
Qwestcom Graphics, Inc.
Resources Global Professionals
Dr. & Mrs. Alan Riga
Martha Sajatovic, M.D.
St. Vincent Charity Hospital
University Hospitals
Wellcare of Ohio
Windsor Laurelwood Center For Behavioral Medicine

Major support for NAMI Greater Cleveland comes from the following organizations:

- Cuyahoga County Community Mental Health Board
- The Margaret Clark Morgan Foundation
- The Mt. Sinai Foundation
- The Woodruff Foundation
- The Reuter Foundation
- The Stolier Foundation
- Community Shares
- The Ridgecliff Foundation
- U.S. Steel Foundation
- Eaton Corporation
- Eli Lilly and Company
- Michael Talty and Helen Talty Charitable Trust
- Community West Foundation

MEMORIAL & TRIBUTE GIFTS



REASONS FOR GIVING

- In Memory Birthday
 Recognition Sympathy
 Graduation Holiday
 Anniversary Parenthood

Other _____

Enclosed check in the amount of \$ _____

Commemorating (Occasion):

Send card/letter to (Name):

Address _____

City _____

State _____ Zip _____

Signed _____

Your City _____

Your State _____ Zip _____

Other Comments _____

**Please make your check payable
and return this form to:**

NAMI Greater Cleveland
1400 W. 25th St., 4th Floor
Cleveland, OH 44113

THANK YOU!

MEMBERSHIP INFORMATION

NAMI Greater Cleveland members are provided with appropriate educational material and information about mental illness, the mental health care system and community resources. Speakers Nights are scheduled bi-monthly and are open to the public. A quarterly newsletter keeps members and others up-to-date on mental health issues and advocacy.

NAMI Greater Cleveland advocates for better medical care, education, housing, jobs, and the elimination of the stigma of mental illness.

Membership dues are \$35. Annual membership includes NAMI Greater Cleveland, NAMI Ohio and NAMI National memberships, and their newsletters.

NOTE: You will not receive this newsletter if you only join at the State or National Level.

Date _____

Name _____

Address _____

City _____

State _____ Zip _____

Day Phone _____

Email Address _____

I would like to volunteer time to help NAMI Greater Cleveland continue its important programs of Support, Education and Advocacy.

I would be willing to help with mailings, office work and/or telephone committee.

Enclosed is my check for:

Consumer Annual Membership	\$ 3
Annual Membership Dues	\$ 35
Annual Professional Membership	\$ 50
Organization	\$ 200
Additional Donation	\$ _____
TOTAL ENCLOSED	\$ _____

OUR ORGANIZATION

Michael Baskin, Executive Director

Lovell John Custard, President

Jennifer Janas, Second Vice-President

Kathleen Stock, Secretary

Kate Zenczak, Treasurer

Board of Directors

Jody Bell
David Brown
Daniel DiMarco
Jan Lovelace
Martha Marshall
Elliot Myers
Jean Ohlenbusch
Jodie Ross
Alan Riga, Ph.D.
Scott Snow
Mary Spada
Chris Van Deusen
Kate Zenczak

Staff

Marsha Mitchell
Blanks
Becky Fela
Sally Follett
Kari Kepic
Liz Krull
Terri Miller
Evelyn
Rivera-Mosquera
Bridget Murphy
Ellen Riehm

Medical Advisors

George E. Tesar, MD, Chair
Farshid Afsarifar, PhD, CHE
Kathleen A. Clegg, MD
Lori D'Angelo, PhD
Phillip Dines, MD, PhD
J. Jin El-Mallawany, MD
Norah C. Feeney, PhD
Robert L. Findling, MD
Prashant Gajwani, MD
Stephen Grcevich, MD
Richard R. Hill, MD, PhD
George E. Jaskiw, MD
Evanne Juratovac, RN, MSN
P. Eric Konicki, MD
Joseph A. Locala, MD
David J Muzina, MD
Gary T. Pagano, MD
Kathleen M. Quinn, MD
Luis Ramirez, MD
Rakesh Ranjan, MD
Robert J. Ronis, MD, MPH
Roknedin Safavi, MD
Martha Sajatovic, MD
Robert T. Segraves, MD, PhD
Doug Smith, MD
Thomas P. Swales, PhD
Cynthia S. Vrabell, MD
Mark J. Warren, MD, MPH



nami
GREATER CLEVELAND

1400 W. 25th St, 4th Floor
Cleveland, OH 44113
P: 216-875-0266
F: 216-861-2574

Nonprofit Org.
US Postage
PAID
Cleveland, OH
Permit No. 1171